Kosher Kitchen

Week 4

sustainable • healthy • fresh

ITHACA DINING SERVICES

LUNCH	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Entreé Starch & Vegetable	Scrambled Eggs Cheese Blintzes Home Fries Bagel Bar w/Lox	Macaroni & Cheese Grilled Cheese Rice Pilaf	Fish Sandwhich Potatoes AuGratin Pasta & Red Sauce	Assorted Pizza Eggplant Parmesan Spaghetti in Marinara Sauce Yellow Squash	Stuffed Shells Potato Knish Stuffed Peppers Sautéed Veggies	Hamburger Hotdogs Veggie Burger Fries Chili	Cholent Sliced Deli Meats Assorted Salads

DINNER	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Chicken Noodle	Beef Noodle	Chicken Rice	Beef Barley	Chicken Veggie	Matzo Ball	
Entreé Starch & Vegetable	Roast Beef Roasted Potatoes Tuna Bake Green Beans	Apricot Chicken Garlic Rice Baked Ziti Baby Carrots	BBQ Beef Spanish Rice Pasta Primavera Mixed Vegetables	Baked Tilapia Baked Potatoes Rice Pilaf Corn	Shawarma Pita Bar Fries Veggie Egg Rolls	Roast Turkey Beef Ragout Mashed Potatoes Veggie Stuffed Cabbage Corn	Smoked White Fish Sliced Deli Meats Assorted Salads